

| Hazard | Actions |
|---|---|
| Water | |
| White water waves on the Broad | Cancel rowing conditions unsafe <u>NO EXCEPTIONS</u> |
| Waves overlapping the pontoon | Hold /protect all boat away from the pontoon -use larger boats 4x+ or 4+ etc. Inexperienced rowers to wear life jackets or kept off the water conditions unsafe |
| Rough water | Stay in sheltered water -& use larger boats 4x+ or 4+ etc. & keep inexperienced rowers off the water & cancel rowing if conditions unsafe |
| Weather | |
| Adverse weather (excessively cold, windy, foggy, etc.) | Cancel rowing if conditions unsafe & if rowing takes place ensure that rowers are correctly dressed (Clothing in layers) NO solo outing in single skull during winter period. |
| Hot weather | Avoid outings in the middle of the day Wear suitable clothed, Sun Cream etc. |
| People | |
| Novice | Minimum requirement to swim 50 Meters before joining club |
| Novice | Must wear life jacket until Boat Captain, Coach, decides there can row safely. |
| Novice | Must be supervised by Boat Captain, Coach, or a senior rower until they decide the novice can row safely. |
| Cox | Must wear life jacket on all outing |
| Cox | Must wear appropriate clothing to suit weather condition on all outing |
| Other water users | |
| Other rowing boats on the Broad or River. | Rowers comply with the navigation rules & keep a good lookout (River Bank to the left side of rower) |
| Motor cruisers or pleasure boats on the Broad & River. | Rowers comply with the navigation rules. Change direction (If safe to do so) or stop to avoid boats. |
| Sailing boats on the Broad & River | Rowers comply with the navigation rules. Stop rowing & change direction (If safe to do so) |
| Fishing boats on the Broad or fishermen on river bank. | Rowers comply with the navigation rules. Change direction (If safe to do so) or stop to avoid fishing boats and fishing lines |
| Local Environment | |
| Biological contamination of the water (Water borne diseases) | Rowers avoid undue skin contact with the water, cuts and scratches are kept covered |
| Going afloat and landing | |
| Slippery (wet) surface on the pontoon & due to the angle of pontoon at low water. | Reliance on vigilance of coaches, rowers and coxes |
| Stepping onto the wrong part of a boat | Do not stand on the boat hull at any time. |
| Around the boathouse (including handling boats on land) | |
| Boat Handling | Ensure there are sufficient persons to lift/handle boats correctly |
| Faulty, incorrectly set and poorly maintained equipment | |
| Gate not correctly closed | Check boats before going afloat |
| Boat not correctly set up and adjusted for rower | Ensure correct adjustment before going afloat |
| Pre-existing health conditions and low levels of fitness | |
| Medical conditions of rowers | Rower to inform welfare officer of pre-existing health conditions. |
| Medical conditions of rowers | Provide seal envelope of health conditions for emergency personal. |
| <p>Please sign that you are aware of the potential risk involved in rowing stated in the above.</p> <p>Before signing seek advise if you do not understand any aspect of this document.</p> | |
| Signature | Print Name |
| Date : | Revision: |
| Please return to the Safety Advisor | |